

## **ABSTRACT**

A system and method for creating a personal occupational program at a website includes prevention and rehabilitation information that is specifically directed to an individual's work environment and occupational specialty in order to foster worksite wellness. In operation, an end user will input personal data as background for his/her personal occupational program. A medical expert may, or may not, help customize the program that includes prevention and rehabilitation sections by prescribing treatment exercises for the individual end user. In general, sections of the program provide information on education, activities of daily living, exercise and specific safe work activities. Once the program is prepared, the end user may retrieve information in his/her program over the internet, in a printout, on a CD or on a videotape.

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